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WATER-SUPPLY PROBLEMS IN PROVINCE PAGE 5

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HERD NEEDS SOME TUNING UP

A stick-less Luca Ciampini of the Halifax Mooseheads tries to get the puck away from Michael Clarke of the Cape Breton Screaming Eagles during QMJHL exhibition action at the Halifax Forum on Sunday afternoon. The Mooseheads dropped a 5-3 decision. Story, page 27. JEFF HARPER/METRO

Formalize tax refunds: Councillor

Overtaxation.

'Administrative
discretion' not good
enough, says Hendsbee

One Halifax regional councillor says residents who pay too much tax through no fault of their own should have a guarantee that they'll get that money back.

David Hendsbee will table a motion to council Tuesday asking for a staff report into a policy or program to refund property owners who have paid taxes in error or overpaid due to errors made by the municipality.

He says a man in his district recently inherited a piece of property, and while he was filing back taxes, discovered misinformation that resulted in over-taxation to the tune of several thousand dollars.

"There's some — I guess you could call it administrative discretion that could be there, but I want to make it more of a policy," he said. "Citizens have the right to expect it."

Hendsbee says there would

Quoted



"There
has to be
a sense of
fairness
here."

Coun. David Hendsbee

likely only be a few refund cases each year.

He's expecting the motion for a staff report to be approved.

"There might be some resistance from staff on this one," he said. "The municipality wants to garner every bit of taxes possible from its citizens, and if they find there's mistakes being made on the assessment roll, they don't want to make it overly known."

Hendsbee says he asked the province to enshrine a refund mechanism in the Municipal Government Act, but he was told it's up to municipalities to deal with it.

"You'd think the province would want to ensure regulations for all municipalities to ensure taxpayers are being treated fairly."

RUTH DAVENPORT/METRO

What does your freedom look like?
Turn to page 9.



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Abduction

19-year-old man charged with sexual assault

A 19-year-old Sackville man will appear in court Monday after being charged with abduction and sexual assault of a four-year-old boy in an alleged child-luring case at a Halifax grocery store.

Just after 1:30 p.m. on Wednesday, police were called to the Superstore on Joseph Howe Drive and learned that a man approached the youth, and took him to the washroom. The boy was later reported missing and staff tried to locate him.

Police say the man left the washroom with the child, and when he reached the main floor, walked out of the store.

Halifax Regional Police released a photo of the man leaving the grocery store on Thursday. Thanks to tips from the public, police say the man was arrested and later charged on Friday.

Police say the victim was in an aisle not far from his parents when the suspect approached him.

PHILIP CROUCHER/METRO

23-year-old swimmer

Missing man's body found

A police diving team has recovered the body of a swimmer who went missing at Dollar Lake Provincial Park over the weekend.

Halifax RCMP say just after 10 a.m. Sunday, its underwater recovery team located the body of the missing swimmer. He has been identified as a 23-year-old from China. Police aren't releasing his name until his family has been notified.

At 6:45 p.m. Saturday, police were called to the popular lake about a missing swimmer. A search team looked for the man, but was called off at 9 p.m. due to darkness. **METRO**



Members of Samba Nova perform near the Halifax Common as part of Switch Open Street Sunday. JEFF HARPER/METRO

More than 1,000 make the Switch

Open-street.

Inaugural event has city cycling, walking and skating down two-km stretch to the beat of Samba Nova

HALEY RYAN
halifax@metronews.ca

Halifax's first open-street event Sunday drew more than 1,000 people eager to make the switch.

People of all ages came for the inaugural Switch Open

Street Sunday. They cycled, walked and skated down two kilometres of car-free roads from Victoria Park to Agricola Street.

"It's a fantastic idea. I think it's super fun for kids and families," said Anne Robinson, who cycled the route with her two young children.

"To have an open, safe space is terrific."

Local percussion group Samba Nova created a party atmosphere by the Halifax with drums and bell music. Just a few feet away, people meditated on the grass.

Ross Soward, who organized the first-ever Switch for Halifax, said he wanted to

Quoted

"It's just a nice carnival-type of atmosphere."

Wayne Grady, a cyclist who attended Switch. The event Sunday attracted more than 1,000 people.

have this mix of events to draw in different groups of people.

Open-street Sunday has been in the works for two years, but Soward said it was only last month that the municipality agreed to close the roads and gave the go-ahead.

"It took a real community effort to pull this all

together," Soward said.

While new to Halifax, street events like this have been popular in South America for decades. Ottawa even closes over 50 kilometres of roads on Sundays during the summer.

Soward said he is unsure when the next Switch will be, but said if people want to make this a regular event they should create lots of positive feedback.

"It brings in people from out of town," said Pamela Robertson, who biked in from Waverley.

"I discovered lots of new shops I didn't know existed."

Web story



God save the zombie Queen. Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery of royals.

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People check out the huge waves aided by Tropical Storm Leslie at Peggy's Cove. JEFF HARPER/METRO

Storm could give wells much-needed top-up this week

Hurricane Leslie.
Nova Scotia wells are 30 per cent below normal levels from months of low rainfall

RUTH DAVENPORT
ruth.davenport@metronews.ca

Heavy rain expected this week, thanks to Tropical Storm Leslie, is good news for well users in Nova Scotia.

A hydrogeologist with Nova Scotia Environment says wells in the provincial monitoring network are showing levels roughly 30 per cent below normal for this time of year, with some showing the lowest levels in decades of record-keeping.

"People with shallow-dug wells may be experiencing supply problems now," said John Drage. "The problems will continue until we get enough rain

for levels to recover."

Drage blames the low levels on nine consecutive months of below-average rainfall.

He says well levels are typically lowest in the late summer and early fall, and aquifers will rebound as long as the dry conditions ease off over the fall and winter.

"Short durations of dry weather are not a concern as long as they don't go on for years and years and years," he said.

Drage says it will take a couple of weeks of "good soakings" for the aquifers to begin to recharge, and recommends well users ration and stagger water use in the short term.

In the long term, climatologists expect rainfall patterns to shift to short, intense storms that flood rather than soak the ground — bad news for underground aquifers.

Drage says governments should be thinking about water-storage measures now.

Bracing for Leslie

The likelihood of Tropical Storm Leslie's centre making landfall in Newfoundland this week is high and its effects will be far-reaching, the Canadian Hurricane Centre said Sunday. Chris Fogarty, manager of the centre in Halifax, says it's difficult to predict where in Newfoundland the storm will land because its circulation is about 800 kilometres in diameter. "The centre of the storm is not the area of most concern," said Fogarty. "It would actually be well outside that area because the storm is likely to be so large that the impact zone will be quite extensive." Fogarty says winds could gust up to 100 km/h in Newfoundland and Cape Breton when it hits on Tuesday.

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Girl falls from cliff while driving ATV

Cape Breton. Second incident in two weeks at scenic location

A 17-year-old girl is in serious condition after she accidentally drove an all-terrain vehicle over the cliffs at Meat Cove early Sunday morning.

Ingonish Beach RCMP received a call shortly before 8 a.m. that a girl was found at the bottom of a 20-metre-high cliff.

A local resident, the girl was camping in the area with friends before leaving the campsite by herself at 2 a.m., RCMP Cpl. Scott MacRae said.

Emergency personnel and community members used a local fishing boat to rescue the girl from the rugged shoreline at about 9:50 a.m. and took her to an ambulance at the Bay Street Lawrence wharf. She was conscious at the time.

"It's believed her injuries are of a non-life-threatening nature," MacRae said.

She was rushed to Buchanan Memorial Hospital to be assessed before being transported to the Cape Breton Regional Hospital for further treatment.

MacRae said the girl and her friends weren't camping at the campground where a man died two weeks ago when he got too close to the cliff's edge. "She left where they were camping ... and somewhere along her way home, her and the ATV went over the cliff," he said.

Susumu Yoda, 64, of Bedford, fell from a 30-metre-high cliff to his death on Aug. 24 while camping at the Meat Cove Campground. His death was ruled an accident.

Following the incident, some emergency officials said it may be time to consider erecting a fence to keep onlookers away from the cliff's edge. So far, the owner of the campground has said he isn't willing to build a fence on his property.

CAPE BRETON POST



A tent set up at the Meat Cove Campground in this photo from Sept. 2.

CAPE BRETON POST

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Melissa Peacock. Brothers accused of murder back in court

Murder charges for two Hants County brothers in the murder case of a Dartmouth woman have been adjourned until next month.

Dustan Joseph Preeper, 24, originally from Noel and who now lives in Halifax, and Joshua Michael Preeper, 20, of Kennetcook, appeared in provincial court in Truro on Friday on charges of first-degree murder of Melissa Peacock, a 20-year-old reported missing last November.

Dustan Preeper is also charged with second-degree murder in the 2010 death of Ben Hare, a 26-year-old Truro man who died as the result of an altercation.

The charges were adjourned at the request of the defence lawyers, who are waiting on additional disclosure in the Peacock case.

They are scheduled to appear Oct. 9 at 9:30 a.m.

Peacock was last seen leaving her residence Nov. 7, and cellphone records show she was in a vehicle heading north on Highway 354 after midnight on Nov. 8. Her last location was Gore, Hants Co. **TRURO DAILY NEWS**



Melissa Peacock CONTRIBUTED

Arrest

Man charged for pepper-spraying teen in parking lot

Halifax police have tracked down and charged a 39-year-old man after a 14-year-old female was pepper sprayed as she walked through a parking lot at the Halifax Shopping Centre.

The incident happened just after noon on Friday, with police saying the suspect fled on foot towards Bayers Road. The teen was treated on scene by paramedics.

On Saturday afternoon, police said they had arrested the man and charged him with administering a noxious substance, assault with a weapon, possession of a prohibited or restricted weapon and possession of a weapon dangerous to the public.

The man from the Halifax area has been released and will appear in court on Oct. 30.

PHILIP CROUCHER/METRO

Halifax highway

RV destroyed after vehicle catches fire

RCMP say the occupants of an RV that caught fire while driving on a Halifax-area highway were not aware of the danger until being waved over by another motorist.

Police say the two occupants of the RV were driving on Highway 118 between exits 13 and 14 around 7:45 p.m. Friday when the front of the vehicle caught fire.

Police say the occupants were able to unhook and save a race car being hauled by the RV.

They say no one was injured, but the RV was destroyed.

Police closed a section of the highway for about one hour as officials dealt with a propane tank that was on the trailer.

Investigators say the cause of the blaze is not yet known.

THE CANADIAN PRESS

Risk-assessment tool 'valuable step' in suicide prevention, professor says

Mental health.

Form may call for round-the-clock monitoring or checkup visit in 24 hours

A new suicide risk-assessment tool used by health professionals in some Nova Scotia hospitals is a "valuable step" towards preventing suicide and should be implemented on a wider scale, a psychiatry professor says.

A task force led by Joseph

Sadek of Dalhousie University recently developed a one-page form that arms mental-health providers in the Capital District Health Authority and IWK Health Centre with a tool to identify a patient's level of suicide risk.

Under a policy implemented in early July, the form must be filled out by a mental-health-care provider for any patient who comes to a health centre with mental-health concerns, said Sadek.

"The policy was basically aimed around a risk assessment that needs to be done,

Risk management

The one-page form allows mental-health providers to identify a patient's level of suicide risk.

- It consists of a communication, management and monitoring plan.

and when it's done and the patient is found to be at risk of suicide, then (determining) what can we do about it," Sadek said in an interview.

Sadek said the form is breaking new ground in suicide prevention as the 10th anniversary of World Sui-

cide Prevention Day is being marked on Monday.

He said the Halifax-based task force had looked at similar tools in Europe and across North America.

"But there hasn't been a combination of the most important steps that need to be

taken," Sadek said.

The form consists of a communication, management and monitoring plan, which can be implemented depending on the patient's level of risk.

If a patient is at a moderate or high risk of suicide, other physicians that person may be referred to must be notified of the risk.

"There is some kind of direct warning that goes on to the next service ... and we think this is very important," said Sadek.

THE CANADIAN PRESS

In Nova Scotia

86

The number of people who died by suicide in Nova Scotia in 2005, according to the Canadian Association for Suicide Prevention.

Across Canada

3,900

The number of people who committed suicide in Canada in 2009, according to Statistics Canada.

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Earthquake survivors in China wait for supplies

Mountainous area.

More tremors hinder rescue efforts; by noon Sunday, there had been 279 aftershocks

Survivors of a series of earthquakes that killed 81 people and injured more than 800 in a mountainous area of south-western China were desperately waiting for more aid to arrive Sunday.

They were waiting as jolting aftershocks were keeping fears high and hindering rescue efforts.

The latest victim was a two-year-old child who was hit by a falling wall as an aftershock struck Saturday night, the state-run Xinhua News Agency reported.

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

They toppled thousands of homes and sent boulders

Quake zone

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

- The first magnitude-5.6 quake struck just before 11:30 a.m. Friday and was followed by an equally strong quake shortly after noon. Though of moderate strength, the quakes were shallow, which often cause more damage than deeper ones.

- In 2008, a 7.9-magnitude quake in Sichuan province, just north of Yunnan, left 90,000 dead.

cascading across roads, and authorities evacuated more than 200,000 villagers.

The aftershocks on Sunday were raising fears of more injuries and fatalities.

THE ASSOCIATED PRESS



Zhu Yinquan, left, helps a woman who lost her seven-year-old daughter in Friday's earthquake in Yunnan province. THE ASSOCIATED PRESS



Tariq al-Hashemi, Iraq's former VP, fled to Turkey when charged.
THE ASSOCIATED PRESS

Fugitive former VP of Iraq sentenced to death

Iraq's fugitive Sunni vice-president was sentenced Sunday to death by hanging on charges he masterminded death squads against rivals in a terror trial that has fueled sectarian tensions in the country.

Underscoring the instability, insurgents unleashed an onslaught of bombings and shootings across Iraq, killing

at least 92 people in one of the deadliest days this year.

It's unlikely that the attacks in 13 cities were all timed to coincide with the afternoon verdict that capped a monthslong case against Vice-President Tariq al-Hashemi, a longtime foe of Shiite Prime Minister Nouri al-Maliki.

Still, taken together, the

violence and verdict could energize Sunni insurgents bent on returning Iraq to the brink of civil war by targeting Shiites and undermining the government.

Al-Hashemi fled to Turkey in the months after the Shiite-led government accused him of playing a role in 150 bombings and assassinations.

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Leveraging upward.

A stolen SIN number and a forged birth certificate give thieves the ability to obtain more important IDs

Criminals are increasingly using stolen social-insurance numbers and doctored birth certificates to obtain legitimate driver's licences and passports, an internal RCMP report says.

And by leveraging pilfered or forged identity markers into higher-value IDs, criminals can sidestep tough anti-counterfeiting features built into government-issued identity documents, including a pending upgrade of passports with biometric chips.

"Identities are being overtaken, altered or created, facilitating a number of other crimes, including many variations of fraud, typically for financial gain or to conceal a



The RCMP says other official documents are being used to sign up for legitimate passports. THE CANADIAN PRESS FILE

true identity," says the March 2011 report from the RCMP's criminal intelligence division.

It points to a rising use of "breeder" documents — identity records such as social-

insurance numbers, birth or citizenship certificates — that are stolen, tampered with, then used to sign up for credit cards or valid forms of identity.

The report suggests Ot-

tawa's recent move to stop issuing SIN cards, instead sending the information in a letter, may not hinder identity thieves who skim someone's mail or pick through

their garbage looking for the nine-digit number.

The report says the failure of governments to cross-check the authenticity of documents used in applications allows fraudsters to stitch together a "synthetic" identity, combining a stolen social insurance number or altered birth certificate with a made-up name and date of birth.

That means a social insurance number can be successfully paired with an entirely different name on a government application form, since the two are not routinely checked for a match, it says.

And online applications make it easier for criminals to avoid face-to-face interactions when committing identity fraud, the report notes.

Though obtaining credit cards is the No. 1 goal for fraudsters, they're also exploiting gaps in the way numerous official identity documents are issued to acquire a federal passport or driver's licence, according to the RCMP.

THE CANADIAN PRESS

Analysis

ID theft now a growth industry

Some 17,000 Canadians lost more than \$13-million to identity fraud last year, twice the dollar loss reported in 2007, according to figures collected by the Canadian Anti-Fraud Centre, a federal organization which tracks identity crime.

Having a credit check done at least once a year and keeping an eye out for missing bills are two ways people can protect themselves against the more than two-dozen types of identity crime, it recommended.

And once bills and government letters have been read? "Shred them."

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Prince Harry gives a thumbs-up Friday after he walked past the Apache flight-line at Camp Bastion in Afghanistan, where he will be operating from during his tour of duty as a co-pilot gunner. JOHN STILLWELL, POOL/THE ASSOCIATED PRESS

Prince to give 'copter missions a whirl

Second tour of duty. British royal returns to Afghanistan to fly attack helicopters in fight against Taliban

Prince Harry is finishing his first phase of initial training at Camp Bastion in Afghanistan.

The 27-year-old army captain arrived in Afghanistan for his second tour there on Friday but will not start flying Apache helicopter missions for at least seven more days.

On Sunday, the third-in-

line to the British throne was expected to complete his two-day course in first aid, shooting, and roadside-bomb awareness.

He then is to start Apache-specific preparation Monday, where he will begin to familiarize himself with the helicopter's configurations for Afghanistan.

The prince's previous posting as a battlefield air-traffic controller in Afghanistan in late 2007 and early 2008 lasted only 10 weeks. It was cut short amid fears for his safety after his deployment was made public.

THE ASSOCIATED PRESS

One less corgi in the palace. Queen's dog dies

Buckingham Palace says one of Queen Elizabeth II's corgis, who took a star turn in the James Bond sketch during the Olympics opening ceremony, has died.

Monty and two other of the queen's beloved corgis appeared in a James Bond sketch during the opening ceremony, greeting Daniel Craig's James Bond as he arrived at the palace to accept a mission from the monarch.

The palace on Sunday con-

firmed that Monty — who was previously owned by the Queen Mother — had died. It did not provide details on when or how Monty died, or the age of the dog, but added that another of the queen's pets, dachshund-corgi crossbreed Cider, also had died.

With the death of Monty, Queen Elizabeth II now has two corgis in the palace — Willow and Holly — both of whom also appeared in the Olympics sketch. THE ASSOCIATED PRESS

Not so Nobel

Chinese prize peace their way

Former UN secretary general Kofi Annan, Thailand's prime minister and Microsoft founder Bill Gates are among those nominated for a Chinese alternative "peace prize."

Organizers of the Confucius Peace Prize announced the nominees Sunday for the accolade that last year went to Russia's Vladimir Putin.

The China International

Peace Research Center launched the prize in 2010 in an apparent attempt to counter that year's Nobel Peace Prize which went to jailed Chinese dissident writer Liu Xiaobo. He is serving an 11-year prison sentence for co-authoring an appeal for political reform.

Liu's win enraged the government and Chinese nationalists, who accused the Nobel committee of interfering in China's legal system as part of a plot to bring the nation down in disgrace.

THE ASSOCIATED PRESS

What a dolphin

This Flipper won't hear of moving

A deaf dolphin found stranded in March off the Louisiana coast is being taken to live at a facility in Mississippi. Suzanne Smith, rescue co-ordinator at the Audubon Nature Institute, says he would be unable to survive in the wild. Deafness is probably the reason he was found sunburned and stranded on a mudflat.

THE ASSOCIATED PRESS



A two-year-old deaf dolphin is fed in New Orleans last week. AUDUBON NATURE INSTITUTE/THE ASSOCIATED PRESS

What does your freedom look like?



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Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the season-

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

al vaccine because of the concerns raised by the studies.

Many people in the public-health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS



Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise \$1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watched U.S. navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian

Underwater allies

Mine-detecting dolphins have served for a long time.

- The U.S. navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Drummondville, Que.

Tornado kills hydro for more than 90K

A small tornado hit an area northeast of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environ-

ment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

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Car bomb kills 17, wounds 40

Syria. Concern grows that civil war is providing new forum for foreign jihadists

A car bomb ripped through Syria's largest city of Aleppo on Sunday, killing at least 17 people and wounding 40 in one of the main battlegrounds of the country's civil war, state-run media said.

No group immediately claimed responsibility for the attack. SANA blamed terrorists, the term the regime uses for rebels.

Al-Qaida-style bombings have become increasingly common in Syria, and Western officials say there is little doubt that Islamist extremists, some associated with the terror network, have made inroads in the country as instability has spread. But the main fighting force looking to oust president

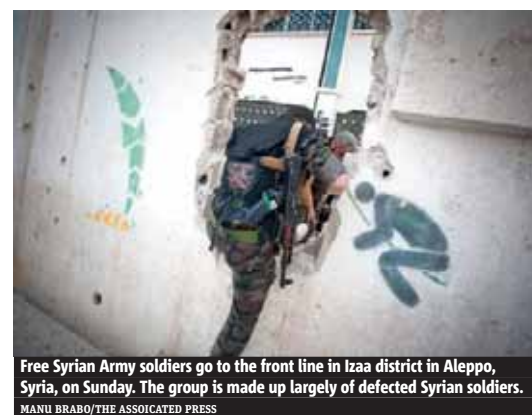
The fight for Aleppo

- Aleppo's fall would give the opposition a major strategic victory with a stronghold in the north, near the Turkish border.
- A rebel defeat, at the very least, would buy Assad more time.

Bashar Assad is the Free Syrian Army, a group made up largely

of defected Syrian soldiers.

Fighting also raged elsewhere in Syria, with at least 58 people reported killed and scores wounded, according to the Syrian Observatory for Human Rights. That figure excluded the car bomb but included eight killed in an air raid earlier in Aleppo that flattened a residential building. The Free Syrian Army said the strikes came hours after rebels overran army barracks in the Hananu neighbourhood. **THE ASSOCIATED PRESS**



Free Syrian Army soldiers go to the front line in Izaa district in Aleppo, Syria, on Sunday. The group is made up largely of defected Syrian soldiers. MANU BRABO/THE ASSOCIATED PRESS

Inaccurate texts

Al-Jazeera says hackers sent false news alerts

Al-Jazeera says hackers have targeted the Qatar-based TV satellite channel for the second time in a week, sending out false news reports on its mobile phone alert service.

A pro-Damascus group known as the Syrian Electronic Army quickly claimed responsibility for the Sunday hack on Twitter. Qatar is a harsh critic of the Syrian regime and a leading backer of the rebels.

The inaccurate texts sent included a claim that the Qatari prime minister had escaped an assassination attempt. A spokesman says an investigation is ongoing.

Hackers posted a pro-Syrian statement on Al-Jazeera's website last week. **THE ASSOCIATED PRESS**

No honeymoon

Syrian couple weds in Jordan refugee camp

Snakes, scorpions and swirling dust didn't deter a Syrian couple from getting married at Jordan's tent city for refugees.

A carpenter, Hodasa al-Hariri, 23, married his 20-year-old cousin, Hanan al-Hariri, in a simple ceremony on Sunday at the Zaatari camp.

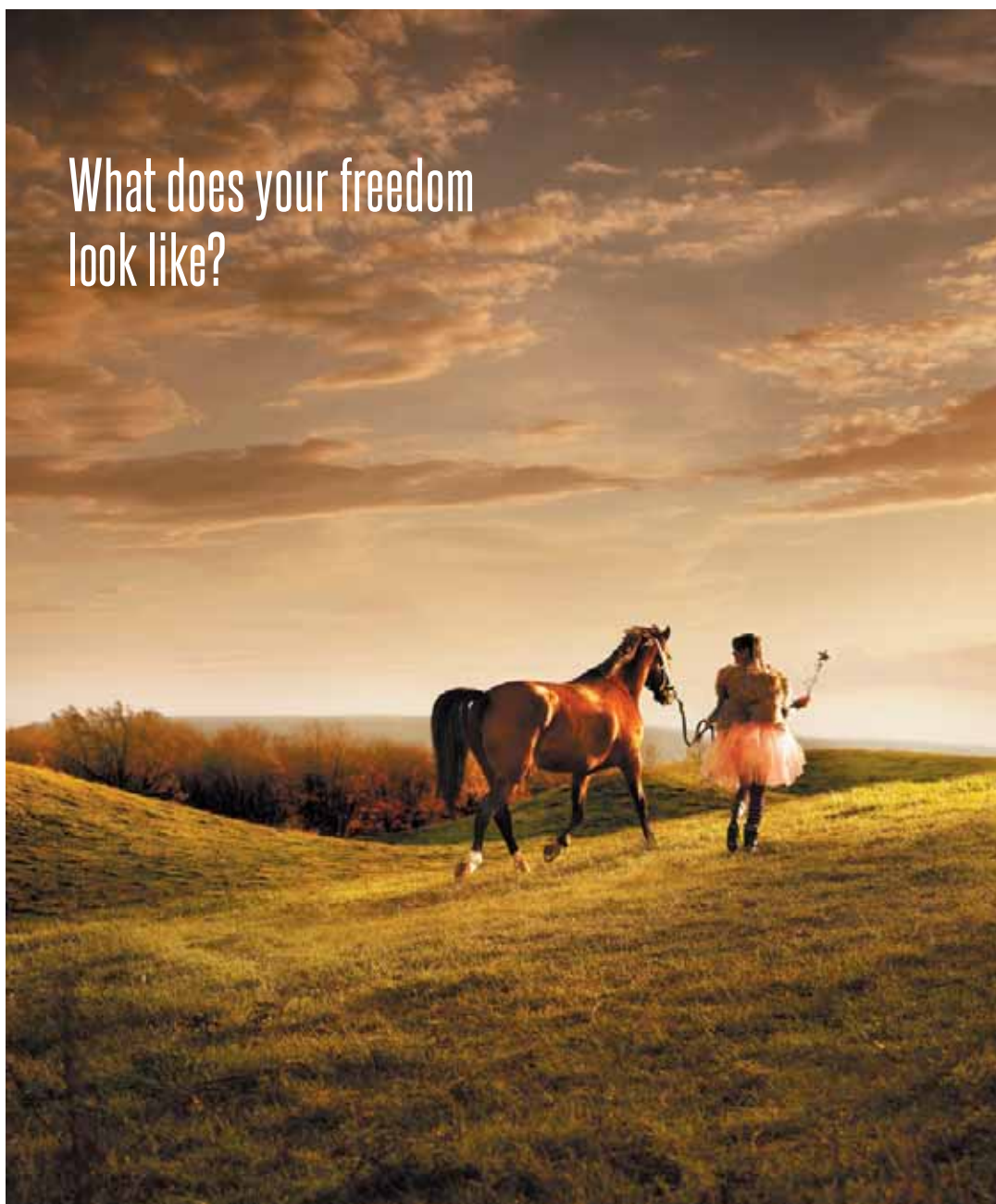
The bride was dressed in a bright pink dress and white headscarf.

The groom said the couple decided to wed in the camp because the crisis in Syria was dragging on and they "expect to be in the camp for a long time."

The couple won't be going away for a honeymoon. The 27,000 refugees are not allowed to leave the camp.

THE ASSOCIATED PRESS

What does your freedom look like?



Call to release prisoners

A Jordanian Salafist holds a Qur'an during a demonstration calling for the release of prisoners outside the prime minister's office in Amman on Sunday. A Jordanian militant leader linked to al-Qaida warned Sunday that his extremist group will launch "deadly attacks" in neighbouring Syria to topple President Bashar Assad, as Damascus lashed out at France for backing Syrian rebels. **RAAD ADAYLEH/THE ASSOCIATED PRESS**

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Leaders from Pacific-rim nations, including Prime Minister Stephen Harper, pose for a group photo on the final day of the APEC summit on Sunday in Vladivostok, Russia. MIKE BLANCHFIELD/THE CANADIAN PRESS

What Iran does over embassy row won't be a surprise: PM

Diplomatic fallout. NDP

Foreign Affairs critic Paul Dewar has said the Canadian embassy closure in Iran has removed Canada as a potential player in the Middle East

With Iran branding his government a hostile stooge of Israel and Britain, Prime Minister Stephen Harper said Sunday that nothing Iran does in response to Canada's severing of diplomatic ties would surprise him.

Harper also pledged that Canada will work through its allies to help three of its citizens still in Iranian prisons. Questions surrounding their fate have become a live issue following Canada's abrupt decision to close its Tehran embassy and expel Iranian diplomats

from Canada.

An Iranian lawmaker said his government would have a firm response, while a foreign ministry spokesman called the Harper government hostile and racist, and accused it of doing the bidding of Israel and Britain, according to Iran's Mehr news agency.

Harper said Canadian diplomats were recalled because of Iran's "capacity for increasingly bad behaviour."

"So nothing would surprise me. But that is all the more reason why it's essential that our Canadian personnel no longer be present," Harper told reporters on the final day of the Asia-Pacific Economic Co-operation summit.

"Do I anticipate specific actions? No, not necessarily, but, as I say, we should all know by now that this is a regime that does not stop at anything. So that's just the reality of the situation."

THE ASSOCIATED PRESS

Death sentence in Iran

- **Charged.** Toronto's Hamid Ghassemi-Shall, 43, who immigrated to Canada after Iran's 1979 Islamic revolution, faces a death sentence after being charged with espionage when he returned to visit family four years ago.
- **In limbo.** His wife, Antonella Mega, said she had been seeking the Canadian embassy's help to clarify reports her husband's death sentence has been suspended, and is unsure how effective the government's promise to make appeals through its allies will be. "I'm not sure how you instill a dialogue when you just cut off the dialogue," she said.

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CRTC eyes market shift with Bell's purchase of Astral

Public hearing.

Competitors argue \$3.4-billion deal will give telecom giant too much of English-language TV market

A public hearing into Bell's \$3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have



Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. FRED CHARTRAND/THE CANADIAN PRESS

too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience.

The "Just Say No To Bell" campaign's website says if the

deal is successful, Bell would control 37.6 per cent of TV viewing. It wants the federal government to stop the deal.

"If Ottawa allows this deal to proceed, Bell Canada will dominate the Canadian TV broadcasting scene and become a threat to the industry and to Canadian consumers," the Just Say No to Bell website says. "When too much power is concentrated in one company it often means higher prices and poorer choices for consumers."

THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for \$1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS, online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada.

THE CANADIAN PRESS

Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2 to 4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. THE ASSOCIATED PRESS

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday. Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar. THE ASSOCIATED PRESS

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WHAT DO YOU STAND FOR, MIKE SAVAGE?



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

With nominations closing Tuesday and the municipal election 40 days away, it is time — past time — for the campaign for mayor of the Halifax Regional Municipality to begin in earnest.

Even if one quibbles with the fine print of the latest poll from a research company whose CEO is a supporter of candidate Mike Savage — and which shows him with the support of 67 per cent of decided votes in a field of five — it's hard to argue with its broader conclusion that the mayoralty race is Savage's "to lose."

When he first announced his candidacy in February, it seemed more than enough that the affable former federal MP was not the widely loathed incumbent mayor.

But then Peter Kelly dropped out.

And Savage remains little more than Not Peter Kelly.

We know the platitudes. Savage wants "to make HRM the most livable, entrepreneurial and inclusive community in Canada." He believes "HRM needs to celebrate arts and culture," and "needs to get on with implementing good plans."

But how does that translate

J-E-L-L-O
With the exception of open government and transparency, on which he has been specific, finding the solidity in Savage's positions is like poking Jell-O before it's set.

into policy?

Does Savage favour cutting the commercial tax rate in downtown Halifax to spark development there? By how much? How would he make up any lost tax revenue?

Yes, the white-elephant Cogswell interchange-to-nowhere does represent "one of the most exciting opportunities to imagine the future of our downtown core," but how does Savage himself imagine it?

What about the urban-rural divide in HRM? Short of undoing the 1996 amalgamation his late father engineered as premier, how will he overcome that?

With the exception of open government and transparency, on which he has been specific, finding the solidity in Savage's positions is like poking Jell-O before it's set.

There are, of course, reasons politicians steer clear of promises. Mayors under our system don't have real power to implement policy. Perhaps more importantly, front-runners rarely ever allow themselves to be trapped by specifics if they don't have to.

It's up to us to make sure Savage has to be specific. With at least nine debates scheduled between now and election day, we need to know what Mike Savage stands for.

We don't need another Peter Kelly.



Mike Savage METRO FILE

Sun cracks its whip on Earth



NASA/GSFC/SDO

Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas composed of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Raising the board on mental health

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

For Mel Hatter, skateboarding is a passion that's now more than just a hobby.

Hatter, who has personally suffered from mental-health issues, decided to create an event called Skating for My Sanity to channel her love of skateboarding into something useful to help people like herself, as she feels there is not enough being done about mental health.

The event was a huge success.

The fun day of skateboarding, longboarding, rollerblad-

ing, games and prizes, held in late August, raised \$1,300 for the Mental Health Foundation of Nova Scotia.

It's actually the second event Hatter has staged this year, having raised \$5,000 in March for the Canadian Mental Health Association.

With this kind of momentum, who knows what successes she is skating toward next?

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth-empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees.

For more information, visit weday.com.

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Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	1,615.04/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.93/g
24k Jewellery	\$38.26/g
22k	\$35.05/g
E. Indian/Nuggets	\$31.07/g
18k	\$28.70/g
14k and dental	\$22.31/g
10k	\$15.92/g
9k	\$14.35/g
8k/antique gold	\$9.57/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,564.04
Gold 10 ounce (Recognized)	\$15,555.42
Gold 1kg (Recognized)	\$50,010.69
Gold bars, less than 1 ounce (Recognized)	\$50.02/g
999 Gold bar (Unrecognized)	\$48.65/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$31.72/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.68/g
Stamped Sterling Silver Jewellery	\$0.63/g
Mexican Silver stamped 925	\$0.53/g
Stamped 800 Silver	\$0.52/g
Unstamped scrap silver	\$ 0.34/g
Other silver coins	\$ 0.72/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-09-07, 17:07:43 PM

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PRICE: \$4,316.99



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$245.63



Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: \$4,089.42

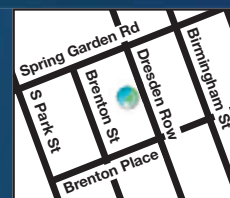


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The battleground of daytime TV

With Oprah's crown still up for grabs, three celebrities enter the talk show fray today. Here's what you need to know about the contenders.

AMBER RAY
Metro World News



The Ricki Lake Show, Global

Bio

Ricki Lake became a star as Tracy Turnblad in John Waters' 1988 classic *Hairspray*. She's a daytime vet, having hosted her titular chat show from 1993 through 2004. She produced a documentary about childbirth, *The Business of Being Born*, and marked her pop culture return with a stint on *Dancing with the Stars* in 2011.

Personality

Lake is your sympathetic girlfriend who's been there, done that, and always has her own funny anecdote to share. "I have been rich. I have been poor. I have been fat. I have been thin," Lake admits. "I've had this life experience, and I'm an open book. I'm willing to share my hardships and my triumphs." Her mission for her return to talk is "that this really can be a smart show that people can learn from each other."

What to expect

Lake became a phenomenon when, in her 20s, she addressed the (sometimes scandalous) concerns of the younger generation and encouraged audience participation. Now 43, Lake intends to continue engaging her fans, but with a more grown-up approach and topics that affect, primarily, women between the ages of 25 and 54. "Today, times are really tough. We're all trying to figure it out and put food on our plates and be in the job force and raise families and, you know, figure out the aging process and how to reverse it," Lake says. "So I think doing a show now that's a little less fluff, a little more substance — that's something I would be looking for as a viewer."

Secret weapon

Don't underestimate the nostalgia factor for Ricki Lake, Talk Show Host. The studio audience started a "Go Ricki" chant — a hallmark of the host's first show — during taping of the new show's second episode.



Katie, Citytv

Bio

For 15 years, Katie Couric helped America wake up as co-anchor of the *Today* show. She became the first solo female anchor of a national nightly news broadcast when she helmed CBS Evening News with Katie Couric from 2006 to 2011.

Personality

Couric is the sweet aunt who will take you for brunch and a manicure, listen to your problems, then scold you because you know better. She hopes Katie delivers information — from daily news to dating tips — that is "smart with heart."

What to expect

Katie, taped live from New York and mixing news and entertainment, sounds a little like a one-hour version of *Today*. "I'm going to be able to flex all my muscles (on Katie)," Couric says, referring to her 33 years on both ends of the television news spectrum. "I've done ... some lighthearted stories, some fun stories, some celebrity-driven stories. And then I've done very serious stories. I pride myself on being able to use the right tone and the right approach and to be able to calibrate that approach depending on who I'm interviewing or the topic that I'm dealing with on any given day."

Secret weapon

Sheryl Crow wrote and performed the Katie theme song, reminding us of the A-list contacts that Couric must have on her iPhone, which she'll be able to tap for interviews. Crow will appear on the first episode, as will Jessica Simpson.



The Jeff Probst Show, Global

Bio

Jeff Probst is the Emmy-Award-winning host of *Survivor*; he has helmed the reality competition since it debuted in 2000. Formerly, he hosted *Rock & Roll Jeopardy!* and was a correspondent for *Access Hollywood*.

Personality

Your over-sharing big brother who is also your biggest cheerleader. "I think my weakness as an interviewer will be a strength in daytime, which is, I share a lot, sometimes too much," Probst admits. "But in daytime, when you are asking people to share their life on the kind of level that I'm going to go to, you have to be willing to share yours." Probst's wife, Lisa Ann Russell, will be an integral part of the show, often contributing to the day's conversation.

What to expect

"If you're looking for Jerry or Maury, this is not your show," Probst says. "I'm not interested in people fighting onstage." You can forget about seeing celebrities promoting their latest movie, too, unless they are able to add to Probst's message of positivity and embracing new experiences. "The overall idea of the show is saying yes to the adventures in your life — I mean being married, being a parent, dating, friendships," he says. "At the end, this really is what defines our life, those adventures. And that's the idea behind the show, and we will talk about that all the time."

Secret weapon

Only The Jeff Probst Show boasts a party room complete with massage chairs, make-over stations, snacks and a photo booth for its audience. Probst says the set was designed to be an extension of his living room, a place "where you feel comfortable enough to kick off your shoes." The party room serves two purposes, he explains: "One, we want the audience to feel welcome, and we also want them to spread the word — if you are looking for something fun to do in L.A., check out The Jeff Probst Show. There's this great party room, and then there's this really fun show."

On the web



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Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to

Quote

"No plans yet, other than we are going to do it."

Brad Pitt
On getting married to Angelina Jolie.

usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."



Brad Pitt. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling

piles of almost-warm take-out.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off:

"Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

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Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with

boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while

introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

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- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices



Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spreed. Give each child



Reading with kids, even the ones who graduated to chapter books, can help. **ISTOCK**

a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it

could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Special apps for children with special needs

Special needs kids face many challenges in their daily lives. The world can be a harsh place for these kids, and therapists and caregivers can only do so much to protect and educate them.

But technology can be a powerful tool in helping these children learn, communicate and succeed in this difficult world. Here are some of the best apps for children with special needs.

iEarnedThat

This app is a brilliant reward system that was designed by a

pediatrician who is also a parent. This app works by taking a picture of your choosing and dividing it into puzzle pieces. You can then reward the child for their accomplishments during the day, by giving them a piece of the puzzle. Once they have earned all the pieces, they are able to solve the puzzle.

iCommunicate

This app allows the user to communicate through pictures and by playing back recorded messages. The app allows you to use included pictures and/or your own pictures to form sen-

tences, sequences, and schedules. These can be helpful for communicating ideas to others, instructions on how to perform a task, or reminders of daily events. This creates a powerful tool for those who have trouble communicating verbally.

In My Dreams

This particular app teaches children how to read by presenting them with simple sentences and parts of speech accompanied by animations. There are matching games included, as well. It includes sign language instruction.

ArtikPix

This one is a speech-training program. It uses games to help the child practice individual sounds by themselves or with a parent or therapist. This offers a fun and engaging way for the child to practice learning proper speech.

TapToTalk

This is a free app that allows children with autism to communicate through pictures. It has a simple touch interface with words and pictures to go with them, making it easy to use.

See.Touch.Learn

This is a free flashcard app for the iPad. The flashcards can be used to give instructions, teach words and objects to kids, and much more. The app also has spoken instructions and feedback to aid in learning, as well. This is a highly flexible learning tool for children with special needs.

If you are a parent of a child with special needs, give one or a few of these helpful apps a try — you might be surprised at the result.

MARIA HUGHES OF YUMMYMUMMY.CA

On the Web



Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

Get Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

MICHELLE CASTILLO
Metro World News

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

But it wasn't until they

Quote

"This is the polar bear from 'LOST!'"

See the room: m-and-j-collection.blogspot.pt/



Is this the hatch? CONTRIBUTED BY THE JOAOS

found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to recreate the

famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part. Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the

show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."

Get your kid hooked on good TV early



Breaking Bad

Pick up some artwork, like these Breaking Bad illustrations by Mike Mitchell that display the characters of the drug drama in cute cartoon form. The artwork was part of The Breaking Bad Art Project, a show that took place in Gallery1988 in Los Angeles.



Game of Thrones

Start by pasting a giant map of Westeros on your child's bedroom wall (at HBO.com). And make sure your child sleeps like a king or queen by purchasing some Game of Thrones-themed pillow cases that displays your house sigil. They're at cafePress.com.



Glee

They'll be in high school soon enough, but you can initiate your child's musical future by playing a Glee-themed boombox/CD player. It's perfect for those Baby Einstein tapes or those covers of Don't Stop Believing.

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Chicken-and-cheese tortellini is as easy as 1, 2, 3 — literally



ROSE REISMAN
for more, visit
rosereisman.com

Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

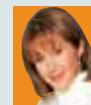
Per serving

- 354 calories; 20 g protein; 41g carbohydrates; 1.8 fibre;

12 g fat; 4.9 g saturated fat; 56 mg cholesterol; 548 mg sodium

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Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat
This indulgence will clog arteries.



Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.



Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat



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*No purchase necessary. Open to adult residents in the Maritimes with children in public school. Contest ends on October 28, 2012 at 11:59 p.m. (AT).



The In-Credibility Factor



Lauren Friese PROVIDED

Name: Lauren Friese
City: Toronto
Age: 29



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:

"I spent my first dollar on TalentEgg.

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before.

"We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

- "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."

- "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."

- Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Test-taking likely isn't front of mind for students just getting settled back into school routines following the summer vacation. But it's not too soon to start plotting plans to hit the books well before the first quiz or midterm pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like

testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn.

"You get worse at deep thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their



Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed.
CHRIS YOUNG/THE CANADIAN PRESS

time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes

around it's not, 'Hmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. 'I'm going to read this chapter.' And then it gets done."

THE CANADIAN PRESS

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Canada's king of 'za offers a slice of advice

Success in writing.

Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH
BEDDALL
life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than \$1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?

If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the

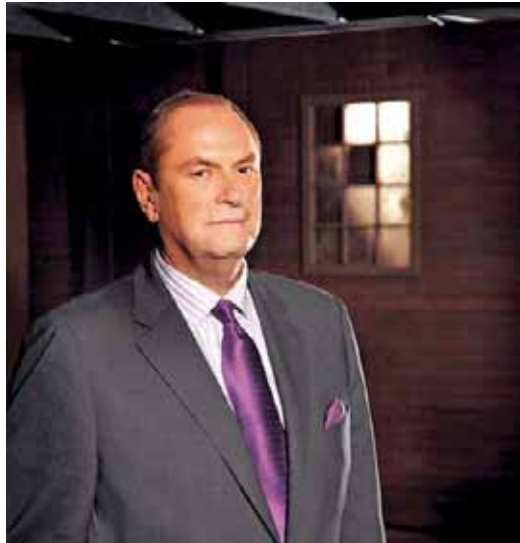
Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."

critical financial numbers of your business or find someone you trust who can help to you



Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994. GREG PAUPST/CBC

do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza

franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the

ground.

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?

You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame in saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?

We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures. These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and suc-

cessful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple — our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?

Wow, that's a good one! It is hard to go wrong with pizza I guess.

I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now! I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

National Career Day Wednesday, September 12, 2012 from 8 am to 5 pm



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Fall is an ideal period to look for a new position, as many organizations search for more employees to kick start new projects and manage their increased workload during this busy time of year.

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Screaming Eagles get under Mooseheads' skin

QMJHL. Cape Breton played with a grudge in last exhibition meeting of the two provincial rivals



MATTHEW WUEST
matthew.wuest@metronews.ca

Four down, eight to go.

The Halifax Mooseheads came out on the losing end of their fourth QMJHL pre-season meeting against the Cape Breton Screaming Eagles, falling 5-3 before a crowd of 1,711 at the Halifax Forum.

In what could be a taste of things to come with eight regular-season meetings between the provincial rivals, the Screaming Eagles played with chips on their shoulders and goaded the Mooseheads into penalties that cost them the game.

William Carrier scored back-to-back power-play goals in the third period to break open a 3-3 tie.

"Every team I've played for, there's always that one rival team," said Mooseheads newcomer Stefan Fournier. "It's important that we come to bat, but when we do, we have to come with our game plan and stick to it."

Quoted

"I never knew it was a rivalry until I played four exhibition games against them ... and every single one was a rough one."

Mooseheads rookie defenceman Mac Weegar

"It was an undisciplined game. We can't blame it on them. We got pulled out of our game tonight and we have to work on that and not let those kinds of things faze us so much."

The Mooseheads, who got a first-period goal from Jonathan Drouin, rallied from a 3-1 deficit to tie it early in the third with tallies from veterans Matthew Boudreau and Steve Gillard.

Defenceman Mac Weegar was in the box for interference when the 18-year-old Carrier scored the winner at 6:36. Later, it was Martin Frk putting his team on the penalty kill for seven minutes when he speared Screaming Eagles agitator Jonathan Oligny and received a roughing minor, a five-minute major and a game misconduct.

When Darcy Ashley joined Frk in the box with a slash, Carrier potted the insurance goal.

"I don't think we brought our best effort tonight but that's what pre-season is for," Fournier said. "It's about finding the right combinations and learning from (our mistakes) now so we're ready when the two points count."

Frk, Nathan MacKinnon and Zach Fucale were making their pre-season debuts for Halifax. Frk and MacKinnon had assists and Fucale finished with 16 saves on 21 shots.

Poor ice conditions at the humid, hazy Forum didn't help either team generate many of fensive highlights.

"It was just awful," Weegar said. "The fog, you couldn't even see the puck. It was like pond hockey ... it was like playing on gravel."

The Mooseheads, 2-2 against Cape Breton and 4-2 overall in the pre-season, host the Saint John Sea Dogs on Friday at 7 p.m. at the Forum.



Cape Breton Screaming Eagles forward Michael Clark tries to get the puck past Halifax Mooseheads goaltender Zach Fucale during a QMJHL pre-season game at the Halifax Forum on Sunday. JEFF HARPER/METRO

Bruins give Marchand contract extension



Bruins forward Brad Marchand of Hammonds Plains. GETTY IMAGES FILE

The Boston Bruins have locked up Hammonds Plains native Brad Marchand to a multi-year contract extension ahead of a possible lockout.

Boston signed the 24-year-old forward to an \$18-million US, four-year deal that pays \$4.5 million per season through 2016-17.

"It's been an interesting journey to watch him get to this point," Bruins general manager Pete Chiarelli told reporters during a conference call. "I like the whole package. He plays the way we want guys to play, in

Projected earnings

\$23.6M

Brad Marchand's projected career earnings following the 2016-17 NHL season.

their own way — to be aggressive, strong on the puck, enthusiastic."

Marchand, a key part of the Bruins' Stanley Cup championship in 2011, had 28 goals and 27 assists last season.

He also had a plus-31 rating that was fifth overall in

the NHL.

The five-foot-nine, 183-pound former Halifax Mooseheads star was drafted 71st overall in the 2006 draft and has 49 goals and 48 assists in 173 career games.

He is in the second year of a two-year contract that will pay him \$3 million in 2012-13.

The deal comes as the NHL and NHLPA prepare for a potential lockout ahead of the Sept. 15 deadline for the current collective bargaining agreement.

THE CANADIAN PRESS/METRO

4 SPORTS

Mobile sports



Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

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Huskies show 'a lot of heart' but fall short vs. Axemen in season debut



Acadia Axemen running back Darryl Bien-Aime carries the ball against the Saint Mary's Huskies on Saturday in Wolfville. ERIC CEDERBERG/ACADIA ATHLETICS

AUS football. Huskies receiver Jahmeek Taylor shines in first regular-season game after hip surgery



MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint Mary's Huskies didn't come away with a win, but they showed on Saturday they won't be pushovers.

The Huskies opened the Atlantic University Sport football season with a 21-16 loss to the defending champion Acadia Axemen in Wolfville, but led 16-14 going into the final quarter and didn't surrender the lead until the final few minutes.

"We totally expected to be in a tight game and we were," said Perry Marchese, who made his debut as Huskies head coach. "We had a chance to win at the end and that's all you can ask."

When asked what he learn-

By the numbers

13

Number of catches for Halifax's Mike Squires on Saturday. The Acadia receiver piled up 123 yards, helping quarterback Kyle Graves throw for 363 yards on 49 attempts.



Huskies receiver Jahmeek Taylor.
METRO FILE

ed about his team in the season opener, Marchese said, "a lot of heart. Our guys played hard."

The Axemen tied it on safety at 9:08 of the final quarter, then went ahead on singles at 11:59 and 13:13, before capping the victory with a 41-yard field goal from Ryan Begin with 42 seconds to go.

Receiver Jahmeek Taylor, the 2010 AUS most valuable player coming off hip surgery, was the star of the day for the Huskies, catching a 59-yard touchdown pass from Jack Creighton at the end of the first quarter and returning a missed field goal 114 yards for another major at the halftime buzzer.

"He's a special football

player and a special young man," Marchese said.

The Huskies lost Creighton, a fifth-year pivot, early in the fourth quarter after he took a hard hit in the head. There's no word yet on whether he'll be ready to play on Saturday at 2 p.m. when the Huskies host the Sherbrooke Vert et Or.

"Really tough to say right now," Marchese said. "He got hit pretty hard. We'll see."

NBL Canada

Rainmen part with Crookshank

The longest-serving member of the Halifax Rainmen won't be back this season.

Eric Crookshank, who has been with the team since its inaugural campaign in 2007-08, was informed by the Rainmen late last week he won't be re-signed for a sixth season.

"Crook was the face of our organization for a lot of years, but there comes a time when you have to look at doing things differently," said Rainmen owner Andre Levingston. **METRO**

NSSBL

Dartmouth get into the final

Dartmouth Moosehead Dry beat the Halifax Pelham Molson Canadians 5-2 on Sunday night at Beazley Field to sweep the Nova Scotia Senior Baseball League best-of-five semifinal 3-0.

Cam Marling struck out 11 batters in a complete-game two-hitter and Darren Doucette belted a two-run home run in the eighth.

Dartmouth faces the Kentville Wildcats in the final. **METRO**



Turple takes home second pro tour title

Enfield's Shawn Turple, second from right, celebrates his Parts for Trucks 100 Maritime Pro Stock Tour title with his crew on Saturday at Scotia Speedworld near the Halifax airport. Turple won his second title in four years with a fourth-place finish in the season-ending Dartmouth Dodge 200. Halifax's John Flemming won the race and finished as the series runner-up. **MATT JACQUES/PARTS FOR TRUCKS PRO STOCK TOUR**

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Horoscopes

Aries

March 21 - April 20

Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

Taurus

April 21 - May 21

All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

Gemini

May 22 - June 21

Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

Cancer

June 22 - July 23

You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

Leo

July 24 - Aug. 23

Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

Virgo

Aug. 24 - Sept. 23

Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

Libra

Sept. 24 - Oct. 23

The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

Scorpio

Oct. 24 - Nov. 22

Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

Sagittarius

Nov. 23 - Dec. 21

Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

Capricorn

Dec. 22 - Jan. 20

No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

Aquarius

Jan. 21 - Feb. 19

Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

Pisces

Feb. 20 - March 20

Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

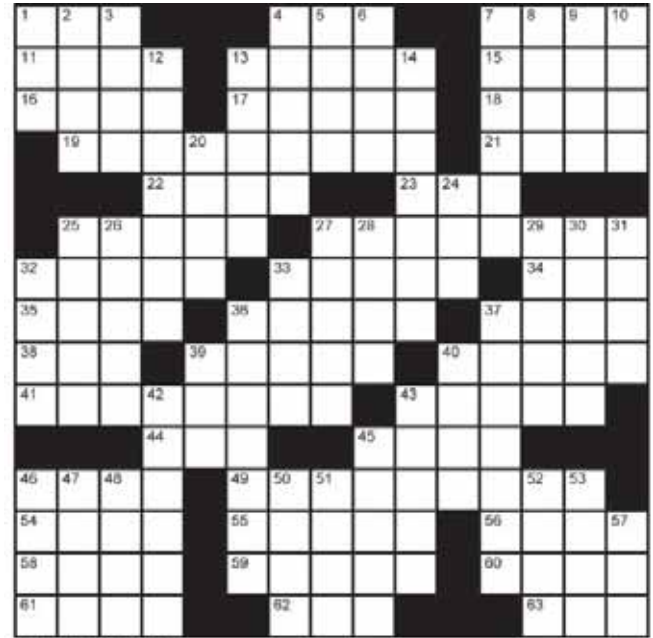
BY MICHAEL WIESENBERG

Across

1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character
18. World's longest river
19. Guy ____: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ____!": "Taste this!" (2 wds.)
36. Mountain ____: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ____
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ____!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ____ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down

1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ____ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ____
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ____ Chong (Tommy's



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Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

2	5	4	8	1	6	9	7	3
7	1	9	4	5	3	2	6	8
6	8	3	7	2	9	1	4	5
9	8	1	3	7	4	5	2	6
3	4	7	2	8	5	6	9	1
1	2	5	9	6	4	3	8	7
5	3	2	6	4	8	7	1	9
6	7	6	3	9	1	5	2	4
4	9	1	5	7	2	8	3	6

	7		1		8		4	
	2	1	3		4	9	5	
7			8		5			4
		6	9		2	5		
4			6		7			2
	8	5	2		6	4	1	
	1		7		3		6	

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18°/12°

Rain

100%

Tuesday

17°/11°

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